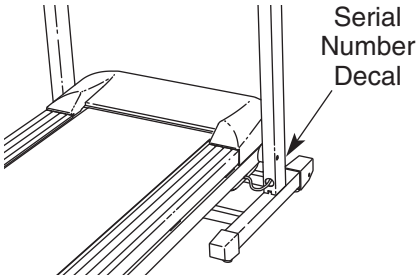
WESLO®

CADENCE

COMFORT CELL CUSHIONING 75 MOTIVATIONAL DISPLAY

Model No. WETL21140C
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

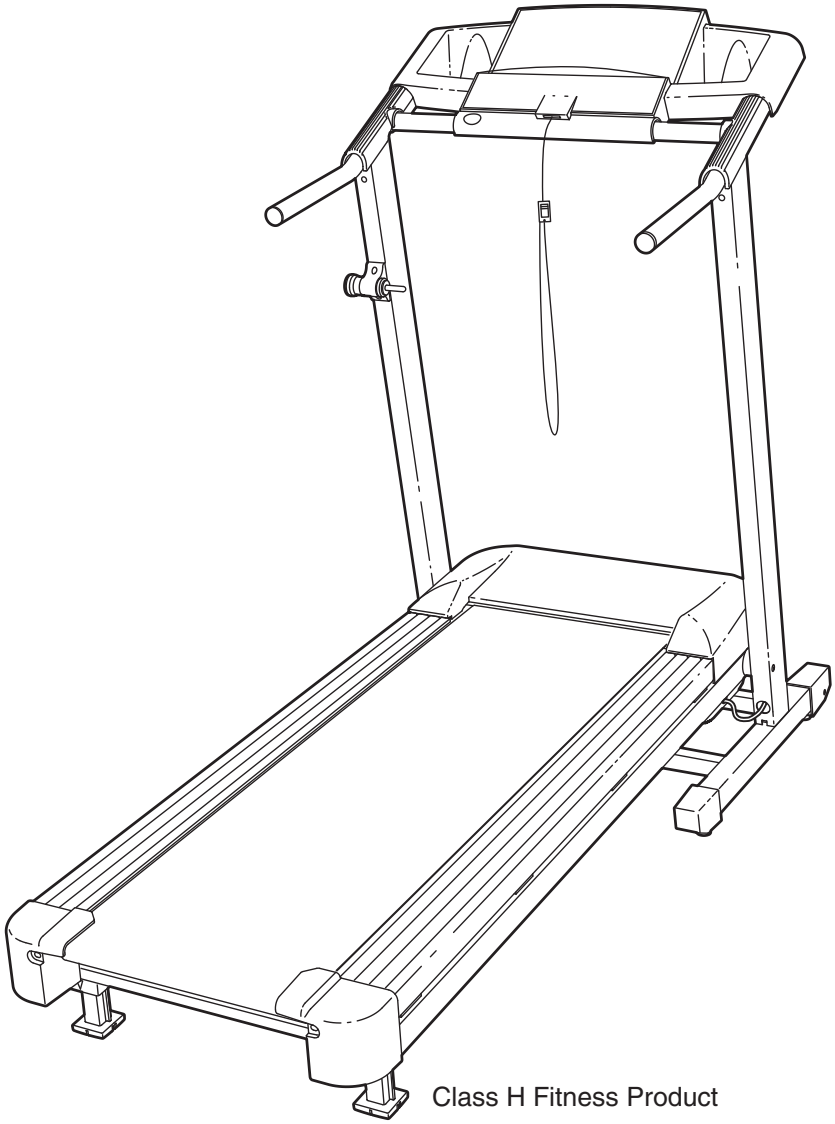
or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Class H Fitness Product

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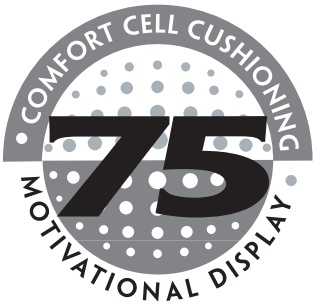
WESLO®

CADENCE



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Note: An EXPLODED DRAWING and a PART LIST are attached in the centre of this manual.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described.**

3. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

4. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under the age of 12 and pets away from the treadmill at all times.**

7. **The treadmill should be used only by persons weighing 113 kg (250 lbs.) or less.**

8. **Never allow more than one person on the treadmill at a time.**

9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

10. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 13.) You must be able to safely lift 20 kg (45 lbs) to raise, lower, or move the treadmill.**

11. **When connecting the power cord (see page 9), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**

12. **If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m.**

13. **Keep the power cord away from heated surfaces.**

14. **Do not change the incline of the treadmill by placing objects under the treadmill.**

15. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)**

16. **Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)**

20. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**

21. Inspect and properly tighten all parts of the treadmill regularly.

22. Never insert any object into any opening.

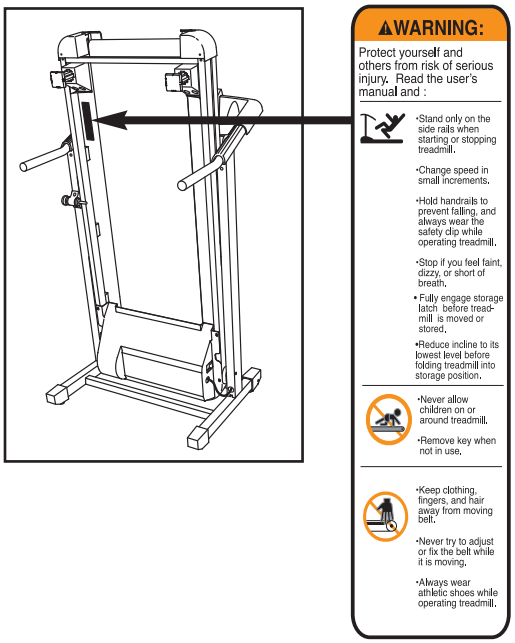
23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

24. The treadmill is intended for in-home use only. Do not use the treadmill in a commercial, rental, or institutional setting.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown has been placed on the treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department and order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown.

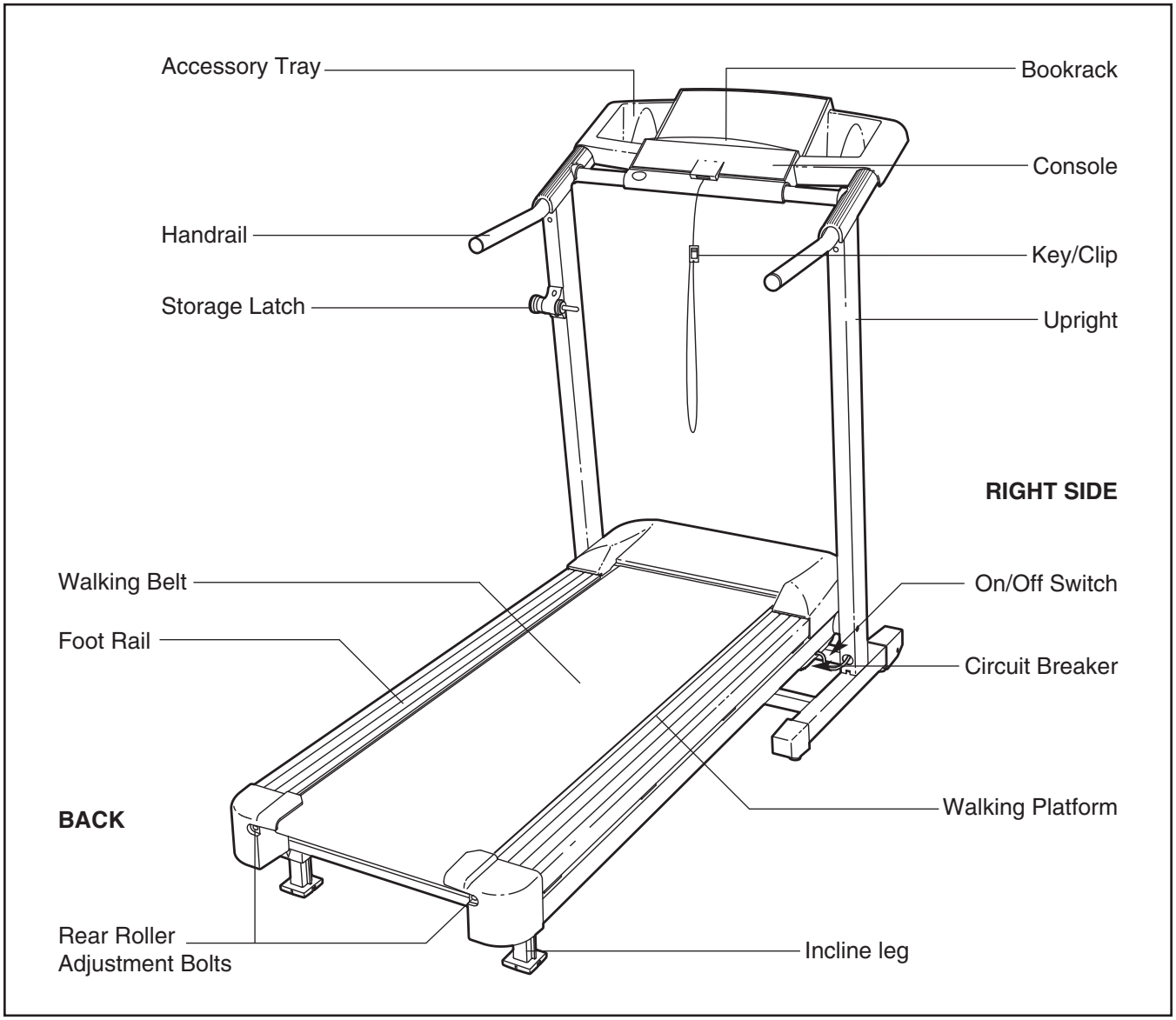

⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® CADENCE 75 treadmill. The CADENCE 75 treadmill combines advanced technology with innovative design to help you get the most from your exercise, in the privacy of your home. And when you're not exercising, the unique CADENCE 75 treadmill can be folded up, requiring less than half the floor space of other treadmills.

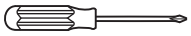
For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WETL21140C. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own phillips screwdriver  , wire cutters and needlenose pliers .

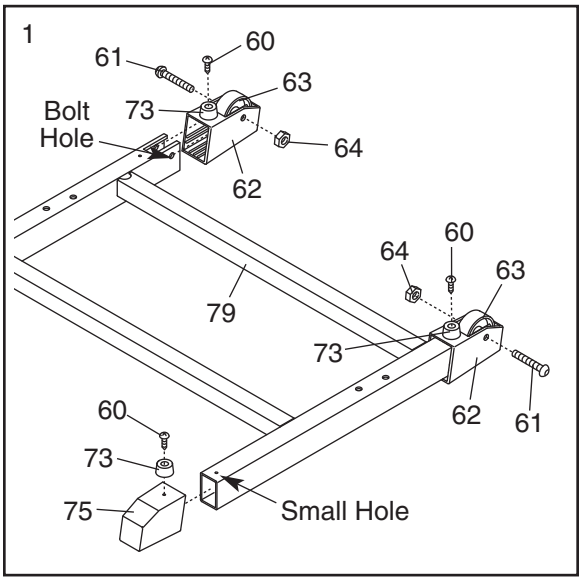
For help identifying the assembly hardware, see the PART IDENTIFICATION CHART in the centre of this manual. Note: The assembly hardware and other small parts are packaged in separate part bags. Do not open the part bags until instructed to do so.

1. **Make sure that the power cord is unplugged.**

   Place the Base (79) in the position shown, with the indicated small holes on top (only one small hole is shown). Place a Wheel (63) in each Wheel Housing (62), and slide the Wheel Housings onto the ends of the Base that have bolt holes.

   Open part bag A. Attach the Wheels (63) to the Wheel Housings (62) with 2 1/2" Bolts (61) and Wheel Nuts (64). **Make sure that the Wheel Nuts are on the sides shown; do not overtighten the Bolts.**

   Slide the two Base Endcaps (75) onto the other ends of the Base (79) (only one Base Endcap is shown). Attach the four Base Pads (73) to the Base Endcaps and the Wheel Housings (62) with four 1 1/4" Tek Screws (60).

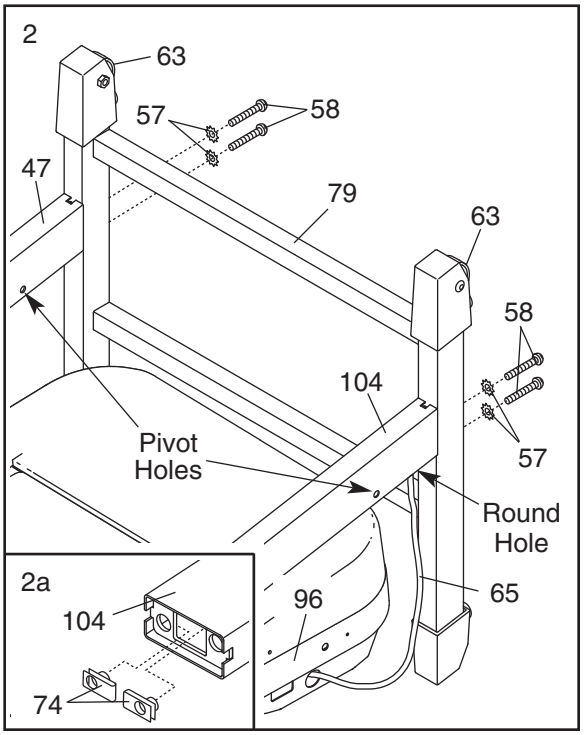


2. Raise the Base (79) to a vertical position, and hold it near the treadmill Frame (96) as shown. **Make sure that the Wheels (63) are in the indicated position.**

   Identify the Right Upright (104), which has a large round hole in the indicated location. Feed the Wire Harness (65) into the hole and out of the top of the Right Upright. Make sure that there are two U-Nuts (74) in the lower end of the Right Upright (see drawing 2a). Hold the Right Upright against the Base (79) as shown. **Make sure that the Right Upright is oriented so the pivot hole is in the position shown.** Hand tighten two 3" Bolts (58) with two 5/16" Star Washers (57) into the bottom of the Base and the lower end of the Right Upright.

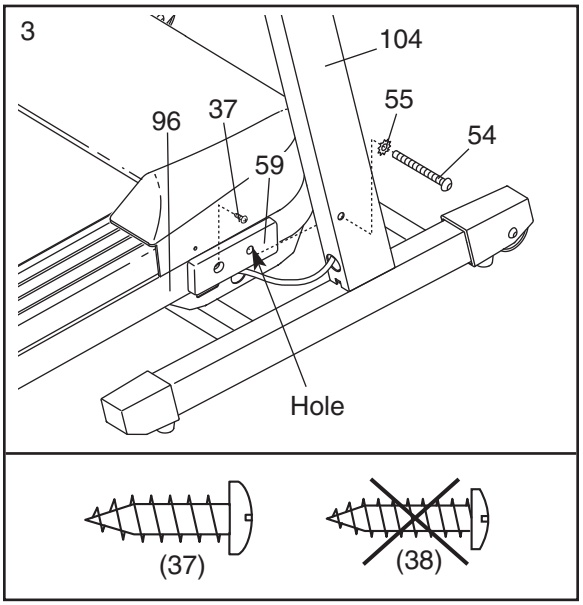
   Attach the Left Upright (47) to the Base (79) in the same way. Note: There is not a wire harness on the left side.

   With the help of a second person, raise the Uprights (47, 104) to a vertical position.



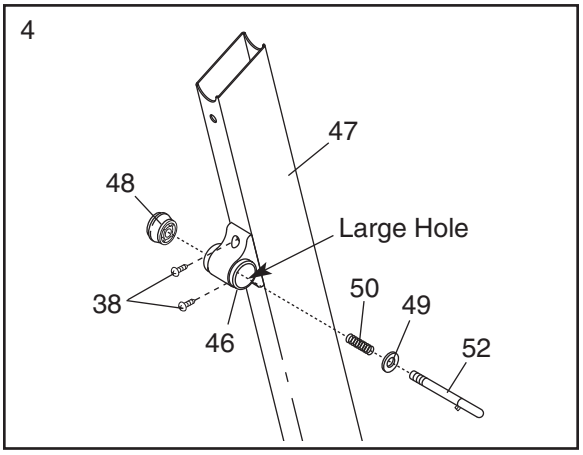
3. **Open part bag B.** Hold an Upright Spacer (59) against one side of the Frame (96) as shown. Insert a 4" Bolt (54) into the indicated hole in the Upright Spacer and the Frame. Next, tighten a Spacer Screw (37) into the Upright Spacer and the Frame. **Note: Be careful not to confuse the Spacer Screws with the 3/4" Screws (38); the Spacer Screws are slightly thicker than the 3/4" Screws.** Remove the 4" Bolt. Repeat on the other side of the Frame.

   Have a second person lift the front end of the Frame (96). Insert a 4" Bolt (54) with a 3/8" Star Washer (55) into the Right Upright (104) and the right Upright Spacer (59), and tighten the Bolt into the Frame. **Do not over-tighten the Bolt.** Repeat on the left side of the Frame.



4. Attach the Latch Housing (46) to the Left Upright (47) with two 3/4" Screws (38). Make sure that the large hole in the Latch Housing is on the side shown.

   Remove the Latch Knob (48) from the Latch Pin (52). Make sure that the Latch Pin Collar (49) and the Spring (50) are on the Latch Pin. Insert the Latch Pin into the Latch Housing (46), and then tighten the Latch Knob back onto the Latch Pin.



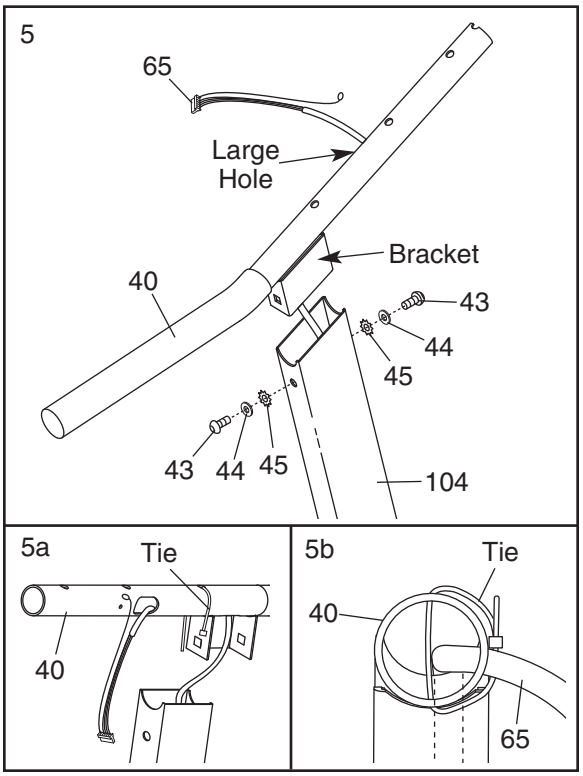
5. Feed the Wire Harness (65) up into the bracket on one of the Handrails (40) and out of the large hole in the left side. (Note: It may be helpful to use needlenose pliers to pull the Wire Harness out of the hole.) Remove any plastic ties from the bracket.

   Insert the bracket on the Handrail (40) into the upper end of the Right Upright (104). Attach the Handrail with two 1" Bolts (43), two 1/4" Washers (44), and two 1/4" Star Washers (45) as shown. **Do not tighten the Bolts yet.**

   See drawing 5a. Insert the longer of the two nylon ties through the indicated hole in the Handrail (40).

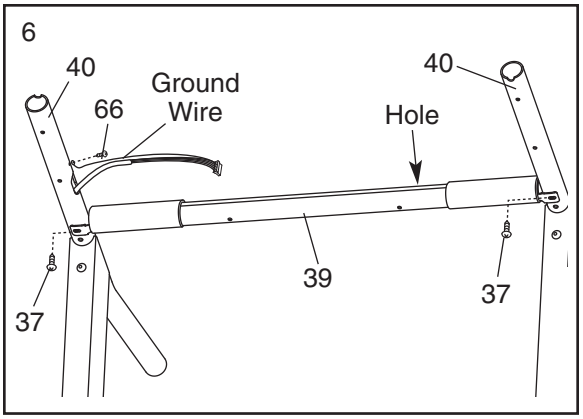
   See drawing 5b. Look into the Handrail (40) and make sure that the Wire Harness (65) is secured to the side shown. Tighten the nylon tie and cut the excess off the end.

   Attach the other Handrail (not shown) in the same way. Note: There is not a wire harness on the other side.



6. Attach the end of the ground wire to the small hole in the side of the right Handrail (40) with a Silver Ground Screw (66).

   Open part bag C. Attach the Crossbar (39) to the right Handrail (40) and the left Handrail (40) with two Crossbar Screws (37). **Do not tighten the Crossbar Screws yet.** Make sure that the rectangular hole in the Crossbar is on the indicated side.

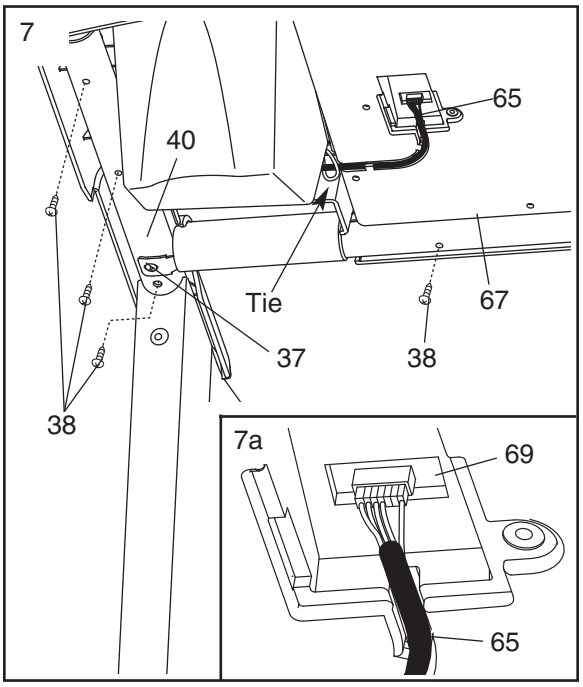


7. Place the Console Base (67) on the right Handrail (40) and the left Handrail (not shown).

   Insert the Wire Harness (65) through the indicated nylon tie on the Console Base (67). Next, **touch the right Handrail (40) to discharge any static.** See drawing 7a. Find the connector on the end of the Wire Harness. Insert the connector into the red socket beneath the Console (69). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it. **IF THE CONNECTOR IS NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

   Identify the 3/4" Screws (38); **be careful not to confuse the 3/4" Screws with the 1/2" Screw (5).** Attach the Console Base (67) to the right Handrail (40) and the left Handrail (not shown) with eight 3/4" Screws (only four Screws are shown). **Start all eight Screws before tightening them. Do not overtighten the Screws.**

   Tighten the Crossbar Screws (37).

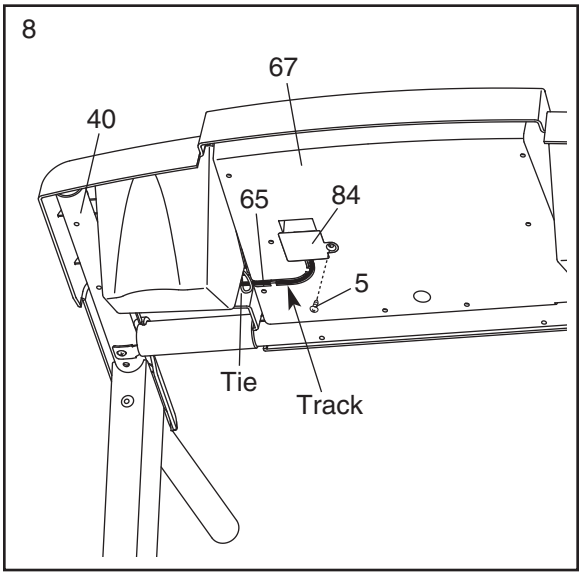


8. Press the Wire Harness (65) into the recessed track on the back of the Console Base (67). Note: There may be a cylinder on the Wire Harness preventing it from being inserted into the track. Press as much wire as possible into the track.

   Insert the excess Wire Harness (65) into the large hole in the side of the right Handrail (40). **Securely tighten the nylon tie to prevent the Wire Harness from slipping.** Then, cut off the end of the nylon tie.

   Attach the Access Door (84) to the Console Base (67) with the 1/2" Screw (5).

   Tighten, but do not overtighten, the bolts used in step 5. With the help of a second person, lower the uprights and firmly tighten the bolts used in steps 2.



9. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place. The large hex key is used to adjust the walking belt (see page 16). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

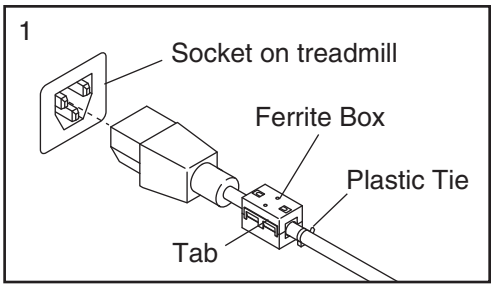
HOW TO PLUG IN THE POWER CORD

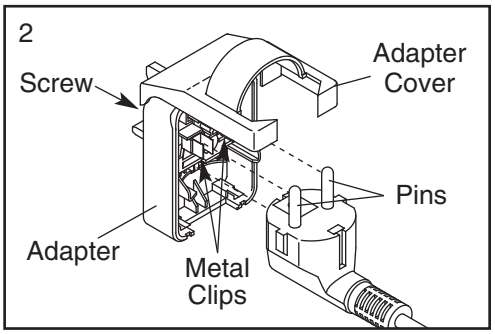
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

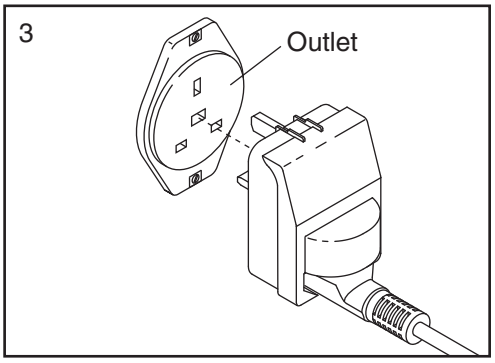
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. Lift the tab on the ferrite box and clamp the ferrite box around the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. The plastic tie will prevent the ferrite box from sliding along the power cord.

See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

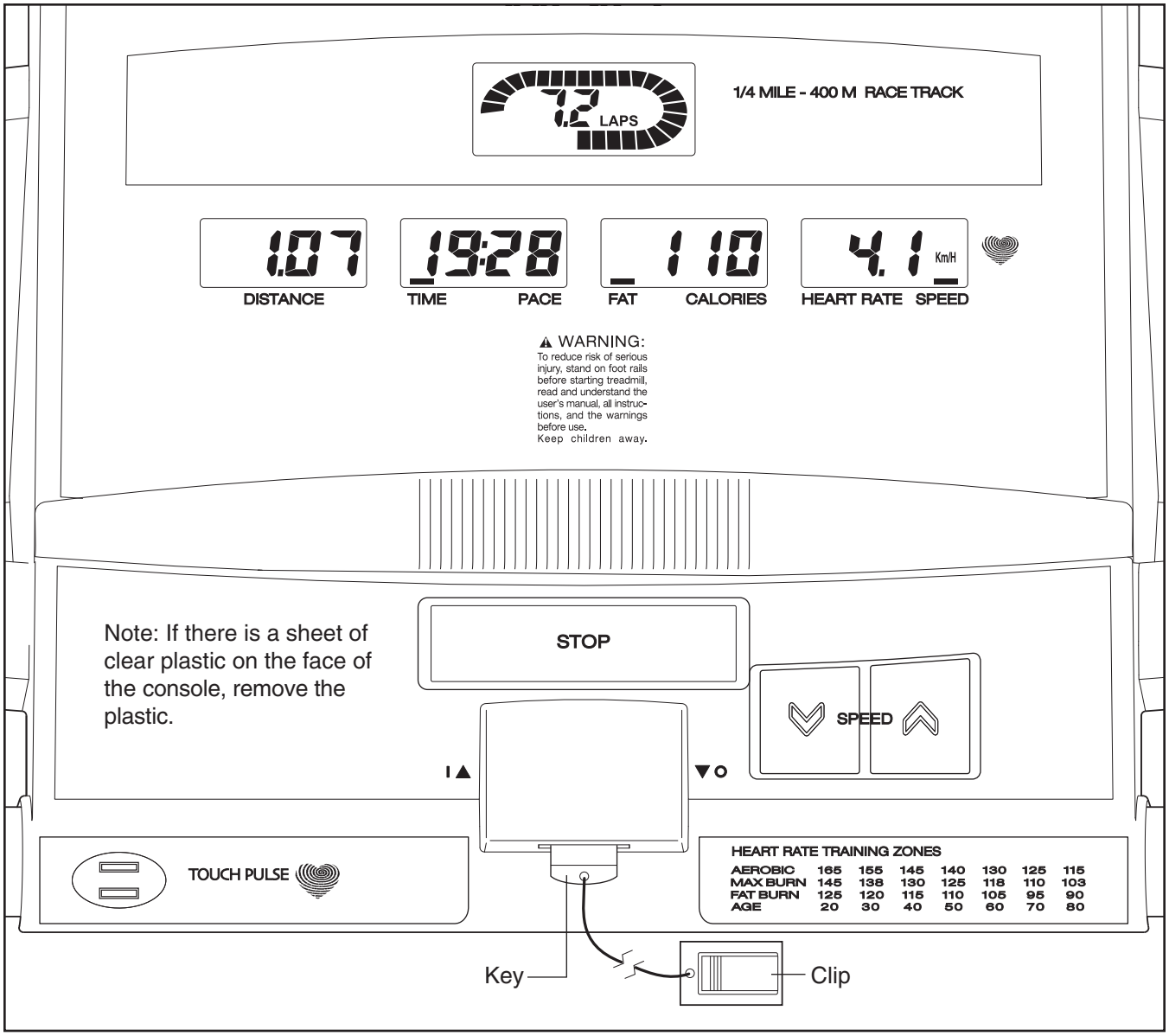
See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**







⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.


1/4 MILE - 400 M RACE TRACK
LAPS
DISTANCE
TIME
PACE
FAT
CALORIES
HEART RATE
SPEED
Km/H
WARNING:
To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use.
Keep children away.
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.
STOP
SPEED
TOUCH PULSE
HEART RATE TRAINING ZONES
AEROBIC 165 155 145 140 130 125 115
MAX BURN 145 138 130 125 118 110 103
FAT BURN 125 120 115 110 105 95 90
AGE 20 30 40 50 60 70 80
Key
Clip

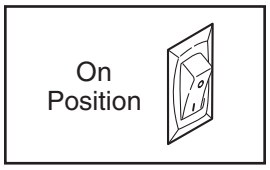
HOW TO OPERATE THE CONSOLE

The treadmill console offers a selection of features designed to help you get the most from your workouts. While you exercise, the speed of the treadmill can be changed with the touch of a button. During your workouts, the displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

Follow the steps below to operate the console.

1 Plug in the power cord (see page 9).

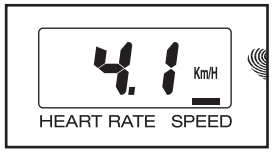
2 Locate the on/off switch on the right side of the treadmill near the right upright. Make sure that the switch is in the on position.



3 Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the track and the displays will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

4 Press the Speed increase button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

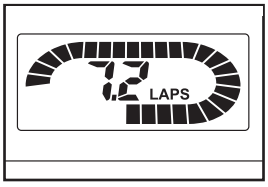


As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph. If a button is held down, the speed setting will change in increments of 0.5 mph.

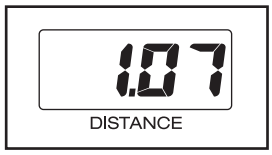
To stop the walking belt, press the Stop button. The Time/Pace display will begin to flash. To restart the walking belt, press the Speed increase button.

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align the walking belt if necessary (see page 16).

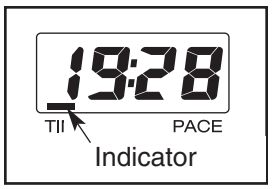
5 Follow your progress with the track and the displays.



The track—The track in the center of the console represents a distance of 400 meters (1/4 mile). As you walk or run on the treadmill, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession. The center of the track will show the number of laps that you have completed.

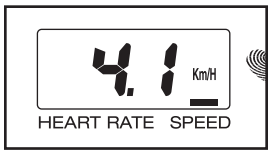


Distance display—This display shows the distance that you have walked or run.

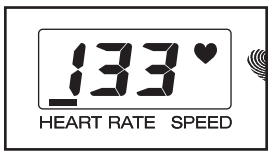


Time/Pace display—This display shows the elapsed time and your pace (pace is measured in *minutes per mile).* The display will alternate between one number and the other every few seconds, as shown by the indicators in the display.

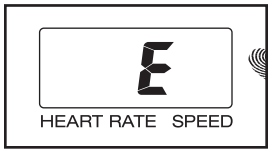
Fat Calories/Calories display—This display shows the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 17). The display will alternate between one number and the other every few seconds, as shown by the indicators in the display.



Heart Rate/Speed display—When you are not using the pulse sensor (see step 6 on page 12), this display will show the speed of the walking belt.

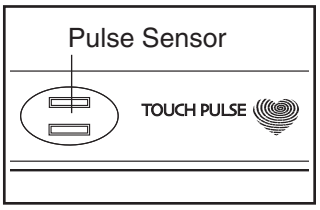


When you use the pulse sensor, the display will show your heart rate.



Note: The console can display speed and distance in either miles or kilometers. The letters "MPH" or "Km/H" will appear in the Heart Rate/Speed display to show which unit of measurement is selected. To change the unit of measurement, press the Stop button whilst inserting the key into the console. An "E" for English miles or an "M" for metric kilometers will appear in the Heart Rate/Speed display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.

6 Measure your heart rate if desired.



To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.** When your pulse is detected, the heart-shaped indicator in the Heart Rate/Speed display will flash each time your heart beats, and your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above. Remember to stand still whilst measuring your heart rate.

7 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and remove the key from the console. Keep the key in a secure place.

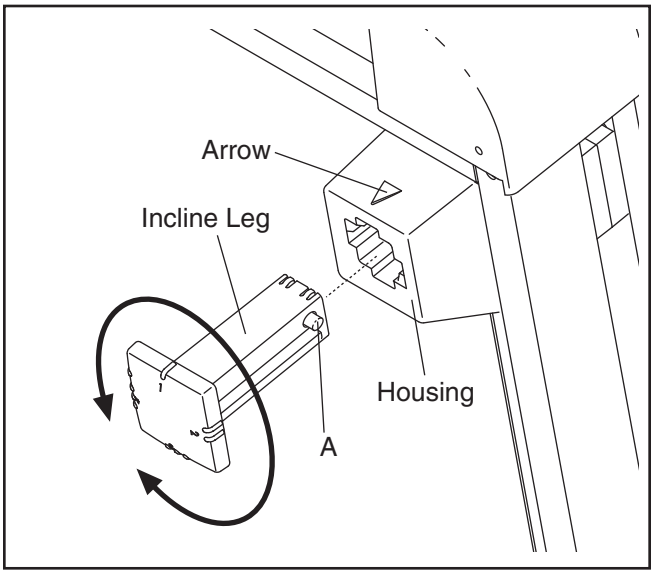
When you are finished using the treadmill, move the on/off switch to the off position.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are four incline levels. **Before changing the incline, remove the key and unplug the power cord.**

Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 13).

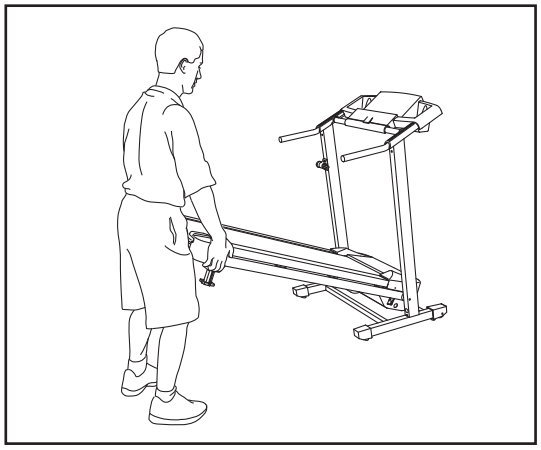
To change the incline, first pull one of the incline legs out of its housing as shown below. Rotate the incline leg to a different position, press in on the indicated button (A) as you fully reinsert the incline leg. An arrow on the housing will point to one of four numbers on the bottom of the incline leg. Position 1 is the lowest incline level, and position 4 is the highest. **Adjust the other incline leg in the same way. CAUTION: Before using the treadmill, make sure that both incline legs are in the same position.**



After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 14).

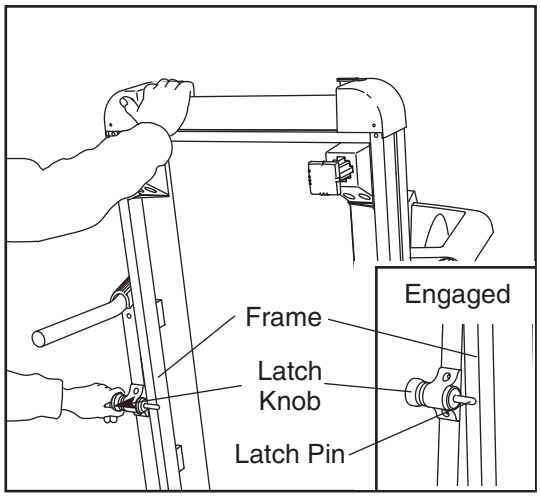
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE



Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

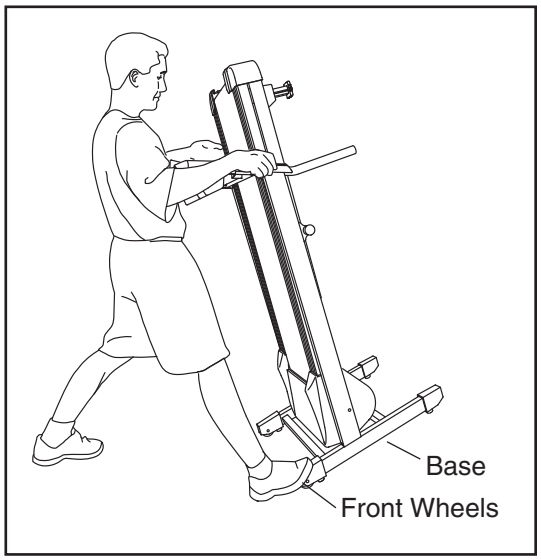
1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the frame is past the latch pin. Slowly release the latch knob. **Make sure that the frame is securely held by the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).

HOW TO MOVE THE TREADMILL



Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the latch pin.**

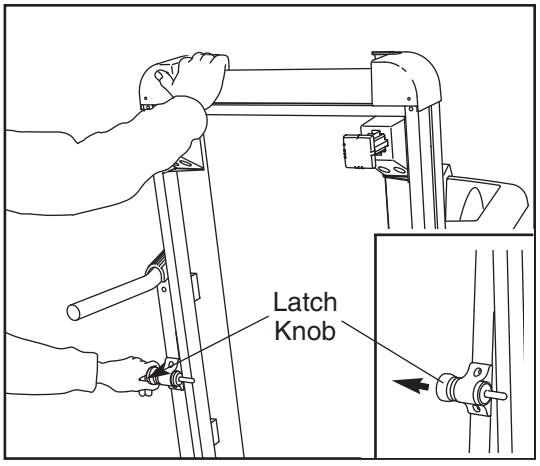
1. Hold the upper ends of the handrails. Place one foot on the base as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not move the treadmill over an uneven surface.**

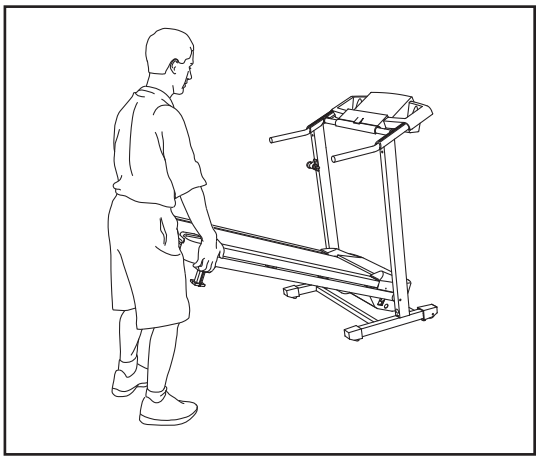
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

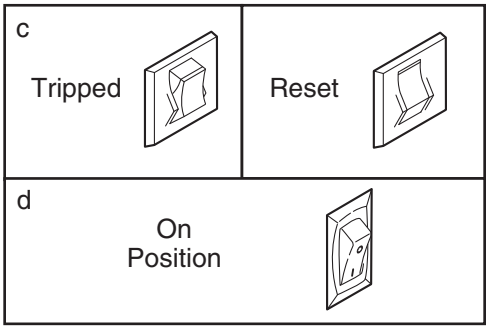
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 9). If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

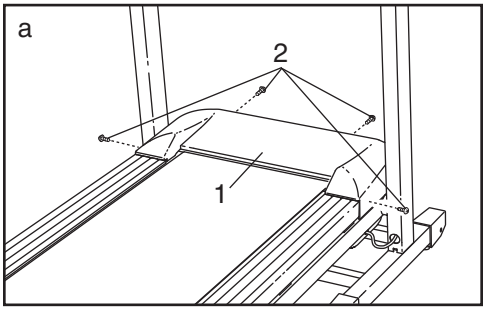
c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the on/off switch is in the on position (see d. above).

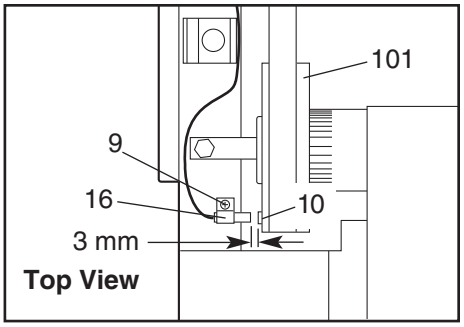
e. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the four Hood Screws (2) from the Hood (1), and carefully remove the Hood.



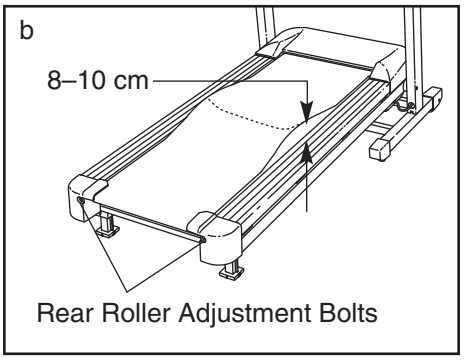
Locate the Reed Switch (16) and the Magnet (10) on the left side of the Pulley (101). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3mm (1/8 in.).** If necessary, loosen the indicated Screw (9), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

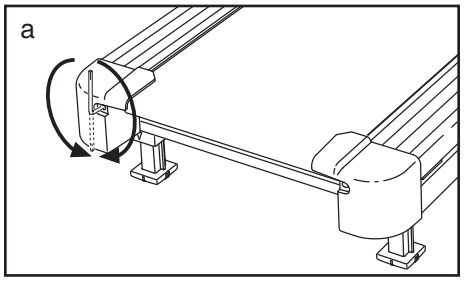
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 8–10cm (3–4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



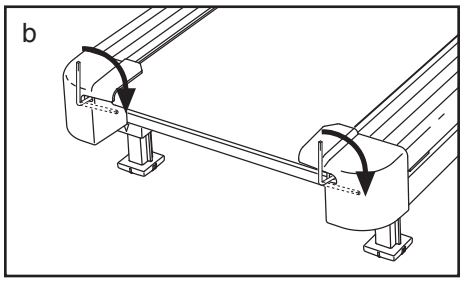
c. If the walking belt still slows when walked on, call our Customer Service Department.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. If the walking belt is off-centre, remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left rear roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 8–10cm (3–4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor on the console.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

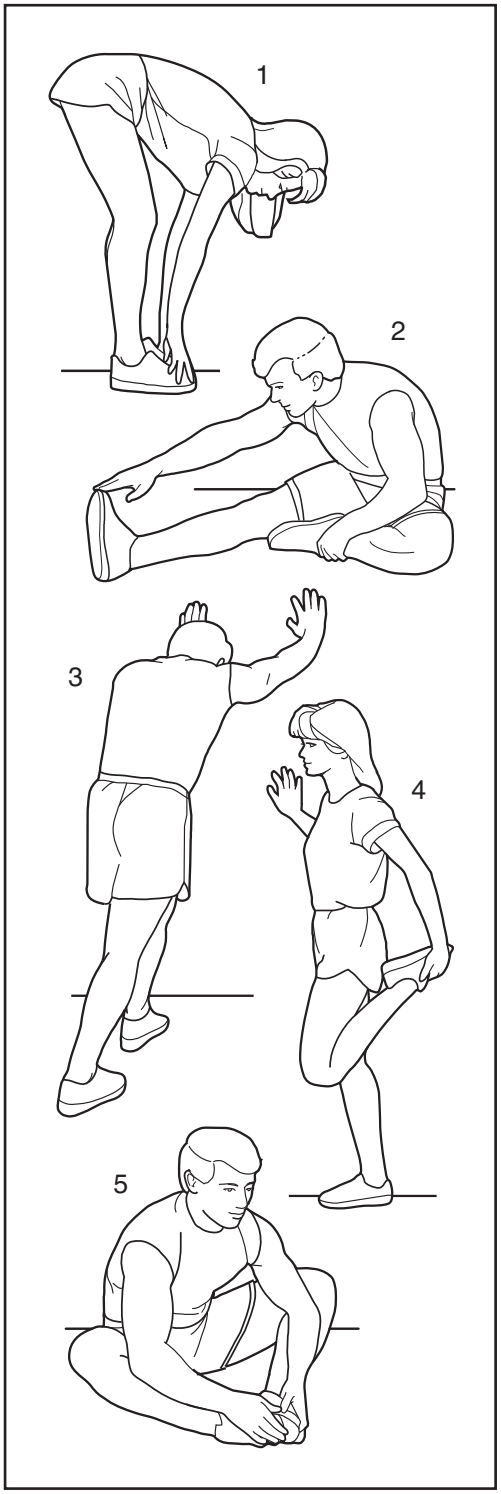
A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

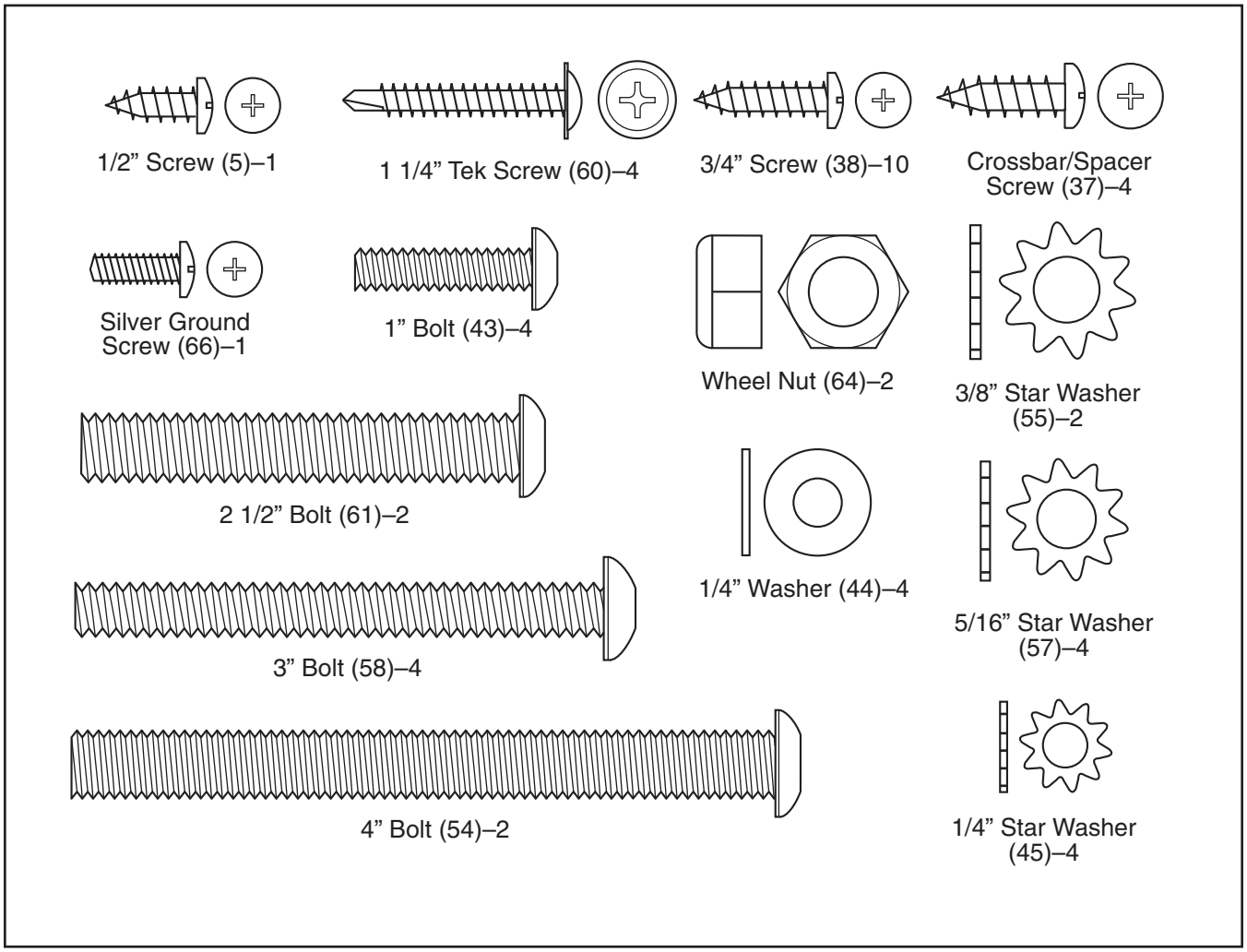
5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

NOTES

PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



PART LIST—Model No. WETL21140C

R0704A

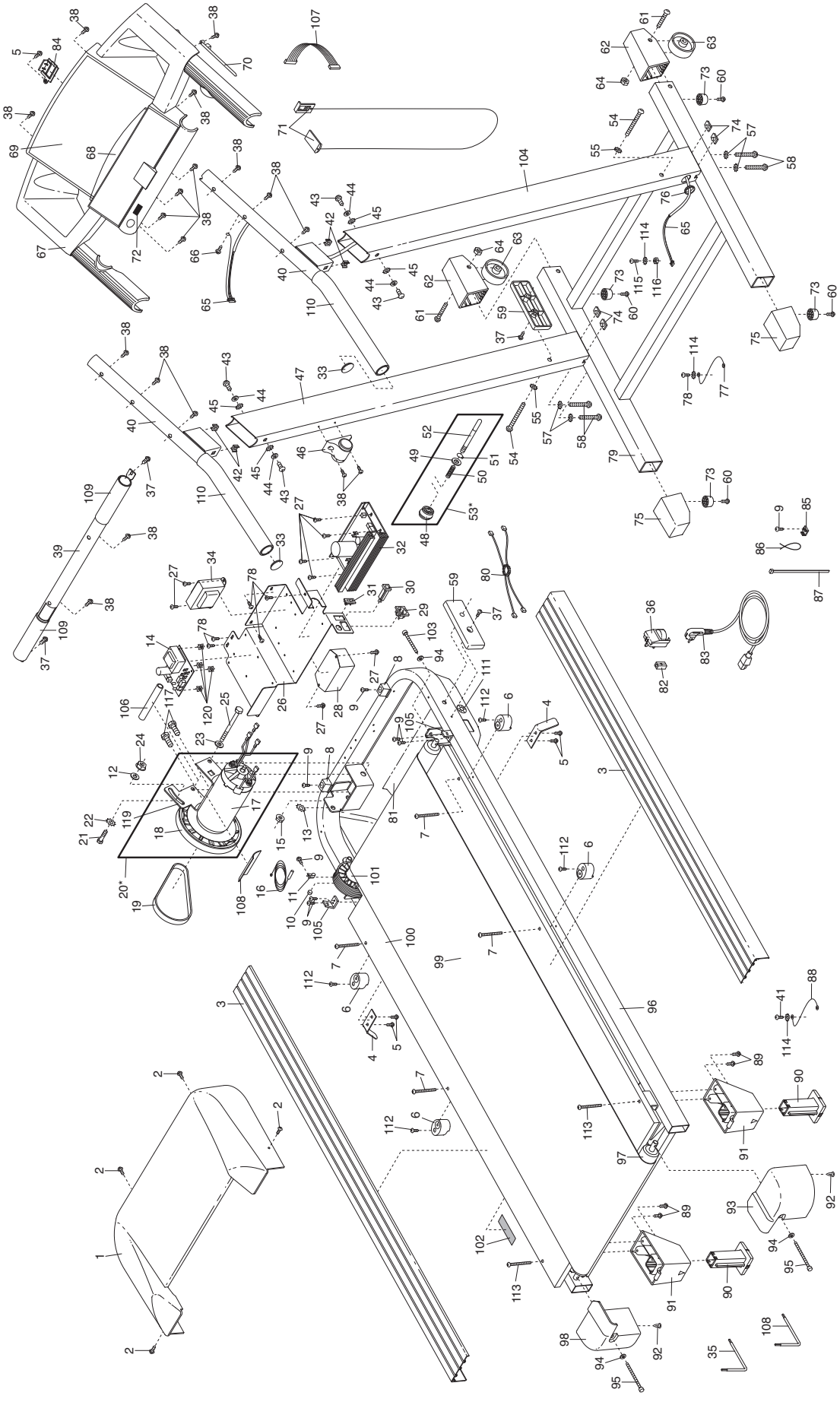
Key No.	Qty.	Description
1	1	Hood
2	4	Hood Screw
3	2	Foot Rail
4	2	Belt Guide
5	5	1/2” Screw
6	4	Isolator
7	4	Platform Screw
8	2	Rubber Hood Mount
9	15	3/4” Tek Screw
10	1	Magnet
11	1	Reed Switch Clip
12	1	Motor Tension Washer
13	1	Motor Star Washer
14	2	Power Board
15	1	Motor Pivot Nut
16	1	Reed Switch
17	1	Motor
18	1	Pulley/Flywheel/Fan
19	1	Motor Belt
20*	1	Motor Assembly
21	1	Motor Tension Bolt
22	1	Motor Tension Star Washer
23	2	Plastic Washer
24	1	Motor Tension Nut
25	1	Motor Pivot Bolt
26	1	Electronics Bracket
27	14	Electronics Screw
28	1	Filter
29	1	Receptical
30	1	Circuit Breaker
31	1	On/Off Switch
32	1	Controller
33	2	Handrail Endcap
34	1	Choke
35	1	5/32” Allen Wrench
36	1	Power Cord Adapter
37	4	Crossbar Screw/ Spacer Screw
38	17	3/4” Screw
39	1	Crossbar
40	2	Handrail
41	1	Ground Wire
42	4	Cage Nut
43	4	1” Bolt
44	4	1/4” Washer
45	4	1/4” Star Washer
46	1	Latch Housing
47	1	Left Upright
48	1	Latch Knob
49	1	Latch Pin Collar
50	1	Spring
51	1	Latch Pin Clip
52	4	Latch Pin
53*	1	Latch Pin Assembly
54	2	4” Bolt
55	2	3/8” Star Washer
56	1	Right Upright
57	4	5/16” Star Washer
58	4	3” Bolt
59	2	Upright Spacer
60	2	1 1/4” Tek Screw
61	2	2 1/2” Bolt
62	2	Wheel Housing
63	2	Wheel
64	2	Wheel Nut
65	1	Wire Harness
66	2	Silver Ground Screw
67	1	Console Base
68	1	Book Lens
69	1	Console
70	1	Plastic Tie
71	1	Key Clip
72	1	Console Warning Decal
73	4	Base Pad
74	4	U-Nut
75	2	Base Endcap
76	1	Upright Grommet
77	1	Frame Ground Wire
78	10	Screw
79	1	Base
80	1	Filter Wire
81	1	Belly Pan
82	1	Ferrite Box
83	1	Power Cord
84	1	Access Door
85	3	Cable Tie Clamp
86	3	Releasable Tie
87	1	8” Cable Tie
88	1	Ground Wire
89	4	Incline Leg Screw
90	2	Incline Leg
91	2	Incline Leg Housing
92	2	Plastic Fastener
93	1	Right Endcap
94	3	Roller Adj. Washer
95	2	Roller Adj. Bolt
96	1	Frame
97	1	Rear Roller
98	1	Left Endcap
99	1	Walking Belt
100	1	Walking Platform
101	1	Front Roller/Pulley
102	1	Warning Decal
103	1	Front Roller Ad. Bolt
104	1	Right Upright
105	2	Hood Mount Bracket
106	1	Motor Pivot Sleeve
107	1	Motor Controller Wire
108	1	Hex Key
109	2	Crossbar Foam
110	2	Handrail Foam
111	1	Belly Pan Plug
112	4	Isolator Screw
113	2	Rear Platform Screw
114	3	Ground Star Washer
115	1	Ground Bolt
116	1	Ground Nut
117	2	Motor Bolt
118	1	Motor Isolator
119	1	Motor Bracket
120	4	Plastic Standoff
#	1	10” Green Wire, F/Ring
#	1	8” Green Wire, F/Ring
#	1	6” Green Wire, F/Ring
#	1	6” Blue Wire, 2F
#	1	4” Blue Wire, 2F
#	1	8” White Wire, 2F
#	1	6” White Wire, 2F
#	1	4” Black Wire, 2F
#	1	User’s Manual

*Includes all parts shown in the box

#These parts are not illustrated

EXPLODED DRAWING—Model No. WETL21140C

R0704A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (WETL21140C)
- The NAME of the product (WESLO® CADENCE 75 treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

Part No. 215043 R0704A

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